

# Cover note University Council

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Details		
Topic		Final HEQA Projectplans Student Wellbeing
To be discussed before		September
Author/Section		Van der Zanden – Academic Affairs
Handled by (to be invited to the committee)		Van der Zanden (AA) – Matthijsse (E&S) – Verheijke (AA)
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## Context / Reason

In 2019 project activities on Student Wellbeing started based on the documents “Samenwerken aan Onderwijs van Wereldklasse”, that is the “investment calendar” related to the HEQA funds. The theme wellbeing was worked out on the basis of the vision document that was consented to during the consent of “Samenwerken aan Onderwijs van Wereldklasse”. A budget of 440 K annually was allocated.

The working plan that was drafted on the basis of the vision document in 2019-2020, was debated by the new Council in 2020 and finally not consented to in December 2020, supported with an important advice of the Council that all activities should affect the wellbeing of students in the most direct sense and that kpi's should be more detailed. Based upon the withdrawal of consent in December 2020, during the first half year all project plans were redrafted in co creation with members of the HEQA working group and in close consultation with members of the Council's working group on Student Wellbeing.

Two plans have been consented to along this line in the first half of 2021: appendix 1. Student Support and Lecturers and appendix 2. E-platform and helpline. Before summer, time was too short to present to you the two final project plans: 3. The Living Room and 4. Mission and Data. These are presented to you now.

Upon request of the Council and with the aim to inform all new members of your Council, in the summary below we will explain how all four plans enable the implementation of the vision plan.

## Jurisdiction UC / Question to the UC

Your consent is requested on plan 3 (The Living Room) and plan 4 (Mission and Data). All other documents are enclosed upon your request to evaluate your consent in light of a total overview.

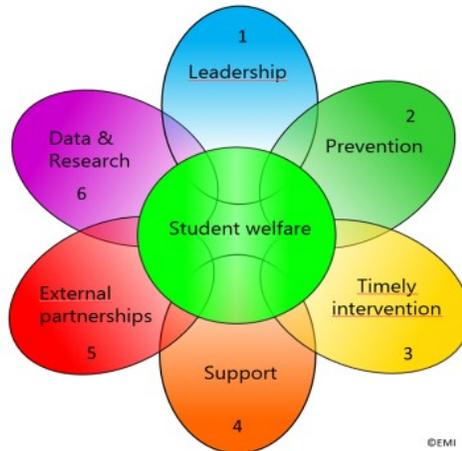
## Short Summary

We will summarize the context of the vision plan first, than give you a recap on plan 1 and 2 (already consented to) and in the final paragraphs summarize the two plans that are up for your consent in the current meeting.

Building upon data that indicate students have challenges coping with stress and burn out related to school pressure and social expectations, Matthijse (E&S 2019, vision plan) defined in the vision on Student Wellbeing 6 pillars (see figure below): (1) Faculty and Institutional *Leadership* that take responsibility for student wellbeing (2) EUR focuses on early *prevention* of mental health problems

(3) as well as *timely interventions* by strengthening skills and resiliency of students and by opening up discussion on mental wellbeing with all students (4) EUR enhances the accessibility & alignment and availability of all student *support* services (5) EUR develops *strong partnerships* with external organizations and (6) all we do is evidence based; *data and research* are essential to underpin both necessity and final effect of project activities.

Presented in the figure below, the project plans are connected to the 6 pillars to enhance student wellbeing. Pillar 2 to 5 represent the chain of care.



**Appendix 1: Student Support and Lecturers (already consented to)**

The plan is connected to *faculty and central leadership* for student success and the alignment in the *support structure*. This plan details the way the chain of care will be enhanced. The programme sets out how it will build a community with all those connected to student wellbeing at EUR. In this way, the mission of a chained care approach (pillars 2 to 5) will be operationalized with teachers, study advisors, et cetera. Finally, the project focuses on building strong *external networks*, with health care services in Rotterdam and the Caring Universities consortium.

**Appendix 2: E platform and Helpline (already consented to)**

The vision plan stated that opening up a discussion on mental wellbeing, as well as focus on help at an early stage (knowing that students often wait too long to ask for help), was crucial. Therefore, the E platform and Helpline reaches out to students to establish a low barrier with an easy accessible peer support helpline and ways to broaden the awareness of this platform to students and the EUR-community. The E platform and Helpline thus work on *prevention* and *timely intervention*.

In the following, we will summarize the plans that are up for consent in your current meeting:

**Appendix 3: The Living Room (your consent is requested)**

If *prevention* and *timely intervention* is at the root of our vision on helping students with their personal development and wellbeing, it is important to work on a safe learning environment (see appendix 2) but maybe even more so to work on a safe campus environment with an easy and accessible space to socialize and a touchpoint to get advice if students need that. This is where the Living Room comes in.

The Living Room reaches out to all students on campus with an informal space and an engaging activity calendar related to wellbeing. It has been established in 2019, but due to Covid-19 it was forced to move online. Online activities have been successfully developed in 2020-2021. In a post covid era the physical Living Room will be relocated to a more visible and better accessible location; more activities will be developed to promote students' personal development and wellbeing, both on campus and online. KPI's specify the number of activities and the expected outreach.

- No less than 1000 student participants in 45 activities in this academic year, aimed at mental, physical, cognitive and spiritual wellbeing; the online traffic to the Living Room in the Unilife app reaching up to 8.100 students.
- Students will indicate activities meet their expectations satisfactory
- Activities will be organized in close cooperation with all student organisations / faculties and will be publicized through Unilife et cetera.
- Special events will be organized during Student Wellbeing Program Campaigns
- Organization will be upgraded to perform better
- Student committees will be trained to offer informal peer support
- Results will be monitored on a monthly basis based on the extent in which student visitor expectations were met

Of course, the Living Room hopes to be known with all students by the end of the academic year, however, in a more realistic way, focuses on first year bachelor students (80%) and 50% for all other students.

#### **Appendix 4: Dissemination of the Mission, monitoring and evaluation**

This project is connected to all elements in the vision document as portrayed in the visual in the above.

Main goal is that all students and staff members at EUR know how wellbeing of students can be enhanced and what the key focal points are in our approach to promote the personal development and wellbeing of our students.

The project will develop activities to better disseminate information on student wellbeing in all relevant documents and website location. It will address: faculty leadership (strategic meetings); the way wellbeing is embedded in education; train staff members in ways to enhance student success and implement student success in BUTQ and STQ teacher training programmes. Finally, the project includes data collection via the EUR monitor Student Wellbeing that will be carried out each year and project evaluations.

Final Note: relation to NPO plans

Some of the focal points in the project plans on Student Wellbeing will be further enforced with NPO means. With the help of NPO means – and in close cooperation with other universities - the focal points in teacher training programmes will be coordinated. However, the development of the actual training programmes will be paid and accounted for within the project plan of Mission & Data (appendix 4). The same goes for the dissemination of information: with the help of NPO the dissemination of information can be reinforced and additional campaigns can be launched.

#### **Follow-up process**

Upon consent, the programme will start activities and report within the context of the HEQA reports in October and February.

<b>Specifics</b>
None

<b>Documents to be attached</b>
Appendix A Vision Plan (Matthijsse, 2019) Appendix 1 Project plan 'Student Support and Lecturers' Appendix 2 Project plan 'E Platform and Helpline' Appendix 3 Project plan 'Living Room' Appendix 4 Project plan 'Mission and Data'